# Stage Based Tobacco Self Help Materials*

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**Please consider using these pamphlets, brochures as part of your Tobacco Cessation Program. It is based upon the Trans Theortical Model and Stages of Change approach. The resource list is not complete, nor exhaustive. If you have a suggested handout or pamphlet, please e-mail the ideas to Mark Long at longm@nehc.med.navy.mil.**

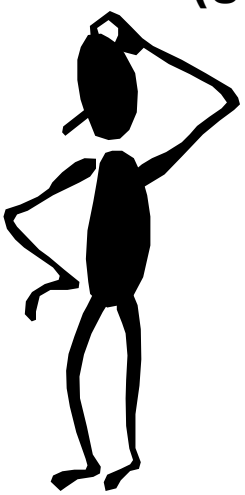
*Adapted from Leed-Kelly, A, Russell, K.S., Bob, J.K., McIlvan H., 1996.

# PRECONTEMPATION

| Brochure | Publisher |
| --- | --- |
| Thinking About Being Tobacco Free | Health Enhancement Systems (800-326-2317) |
| How Much Do You Know About Smoking | American Academy of Family Physicians |
| The Decision is Yours | American Cancer Society |
| Quit Smoking, The Lives You Save Could Be Theirs | American Cancer Society |
| Children & Smoking: A Message to Parents | American Heart Association |
| Facts About Nicotine Addiction | American Lung Association |
| Questions & Answers: About Smoking and Health | American Lung Association |
| The Facts About Smoking | Health EDCO |
| Tobacco, The ABC’s | ETR (800-321-4407) www.etr.org |
| | American Cancer Society |

# CONTEMPLATION

| Brochure | Publisher |
| --- | --- |
| The Benefits of Being Tobacco Free | Health Enhancement Systems (800-326-2317) |
| Smart Move: A Stop Smoking | American Cancer Society |
| Why Do You Smoke? | National Institute of Health |
| Clearing the Air | |
| Smoking: Why Do I Smoke Quiz? | National Institute of Health |
| | American Academy of Family Physicians http://familydoctor org/handouts/ 296.html |
| 5 Smart Steps To Stop Smoking | ETR Associates (800-321-4407) |

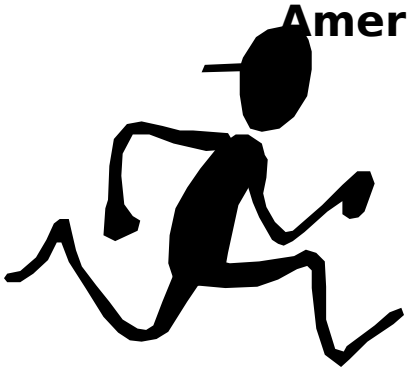


# PREPARATION

| Brochure | Publisher |
| --- | --- |
| Preparing To Be Tobacco Free | Health Enhancement Systems (800-326-2317) |
| How To Quit | American Heart Association |
| Breathing Easy Series<br>Managing Stress, Disarming Triggers, Overcoming | Hazeldon |
| Clearing the Air | National Institute of Health |

# ACTION

| Brochure | Publisher |
| --- | --- |
| Feeling Good About Not Using Tobacco | Health Enhancement Systems (800-326-2317) |
| Clearing the Air | National Institute of Health |
| Breathing Easy Series<br>Staying Quit | Hazeldon |
| The Good Life | American Heart Association |
| Before You Quit Smoking | ETR |
| Do you Want To Be A Former Smoker? | ETR |
| Quitting For Life Sel Care Handbook | Channing Bete Co. |
| Smart Move<br>A Stop Smoking Guide | American Cancer Society |



# MAINTENANCE

| Brochure | Publisher |
| --- | --- |
| Maintaining A Tobacco-Free Lifestyle | Health Enhancement Systems (800-326-2317) |
| Remaining A Former Smoker The First Year | ETR |

# RELAPSE

## Brochure

**Next Stop When Former Smokers Slip**

## Publisher

**ETR (800-321-4407)**
**www-etr.org**